**End of Life Learning Activity**

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<http://www.pbs.org/wgbh/frontline/film/being-mortal/>

1. Read Atul Gawande’s book Being Mortal. Be prepared to discuss the book and address three questions:
2. What is Gawande’s central message?
3. How do his recommendations fit in with current practices (that you have witnessed)? Have you seen examples where the application of these principles has gone well? What about the opposite?
4. How prepared do you feel to talk about these things with patients and their families?
5. Talk with your preceptor(s). Find out:
6. Is there a certified Hospice agency in your community?
7. How do patients get referred to this agency?
8. Where do most dying patients spend their last days?
9. Is there a palliative care service/unit at your hospital?
10. Is there another facility where patients can be cared for?
11. How well do the nursing home(s) in your community do palliative/end of life care?
12. Identify a care setting in your community. Pay them a visit. See what they offer to the patient and family. If appropriate, find out if you can volunteer for a short period of time in any capacity (it might be as a friendly visitor, working on fund raising, attending an in-service).
13. Write a summary of what you have found. I would like you to reflect on how this has affected you as a clinician and as a person. Try to address the following questions:
14. How prepared do you feel to help patients at the end of life?
15. If you don’t feel prepared, what would help?
16. How do you think this topic is handled in medical school? Do you think you would benefit from more exposure? How have your clinical preceptors on various clinical rotations handled this issue?
17. What do you personally feel are the challenges regarding end of life care? Are they medical issues? Social? Economic? Psychological/Emotional? Spiritual?